

Mental Health Awareness Tips for Beauty Professionals

Recognizing Emotional Distress & Creating Supportive Client Experiences

Beauty professionals often create spaces where clients feel comfortable sharing personal experiences, stress, grief, trauma, or emotional concerns. This guide provides general awareness tips to help beauty professionals recognize signs that someone may be struggling emotionally.

Signs Someone May Be Struggling Emotionally

- Noticeable mood or energy changes
- Frequent crying or emotional overwhelm
- Extreme irritability or withdrawal
- Comments about hopelessness or burnout
- Visible exhaustion or lack of self-care
- Repeated discussions of severe stress

Things to Pay Attention To

- Changes in personality over time
- Comments about not sleeping or coping well
- Conversations about isolation or loneliness
- Frequent cancellations or no shows tied to emotional distress
- Statements suggesting anxiety or depression

Red Flags That May Require Immediate Attention

- Mentions of self-harm or suicide (if mention of suicide, call 911 or local emergency services)
- Statements like:
 - “I can’t do this anymore”
 - “People would be better off without me”
 - “I just want everything to stop”
 - “I just want to sleep and never wake up”
- Severe panic attacks or disorientation
- Signs of abuse or fear related to safety
- Extreme hopelessness

If someone appears to be in immediate danger, encourage emergency or crisis support

Ways to Create a Supportive Environment

- Listen without judgment
- Respect personal boundaries
- Maintain professionalism and privacy
- Keep local mental health resources available
- Encourage professional support when appropriate
- Offer kindness and respect
- Provide a calm environment

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What to Avoid

- Trying to diagnose clients
- Taking on the role of therapist
- Laughing at disturbing comments
- Minimizing emotional concerns
- Ignoring comments related to safety or self-harm

Boundary Tips for Beauty Professionals

- It is okay to redirect conversations when needed
- You do not have to respond to every disclosure with advice
- Create realistic emotional limits for yourself
- Protect your own rest and recovery outside of work
- Avoid overextending yourself emotionally to “save” clients

Tips for Protecting Your Own Mental Health

- Schedule breaks between emotionally draining clients
- Avoid carrying client stories home emotionally
- Debrief with trusted peers when appropriate
- Create transition routines after work
- Seek your own support systems and wellness practices

Helpful Crisis Resources

- 988 Suicide & Crisis Lifeline
- Crisis Text Line: Text HOME to 741741
- Local Community Services Board (CSB)
- Emergency Services: 911
- Domestic Violence Hotline: 800-799-7233 or text START to 88788